

Get Stronger, Live Younger

More Muscle Means More Energy, Vitality & Health

What is Strength Training?

We're not talking barbells and bodybuilding. Anyone can do strength training, at any age. By focusing on slow, controlled, resistance-based exercises tailored to your personal strength level, you can:

- Build muscle quickly and easily without straining joints.
- Gain more energy and vitality
- Reverse many age and weight-related maladies

In fact, aging experts agree that doing a program of regular strength training is the closest you can get to the fountain of youth. If you want to be stronger, healthier, and live longer, then read on!



Why Do I Need to Get Stronger?

If you're feeling weak, tiring more easily, or gaining weight, it's not age — it's lack of muscle. By the time most of us hit 60, we've got half the muscle mass — and strength — that we had at 30. That impacts everything we do, from lung capacity for tackling a flight of stairs to cardiac health and bone density.

Lack of muscle is the main cause of age-related diseases, from high blood

Fortunately, strength loss is reversible at any age. In fact, it's the closest you can get to the fountain of youth.

pressure to osteoporosis. Simply put, muscle is the engine of life. Lose it, and you'll lose just about everything that makes life worth living.

In order to regain lost strength, cardio exercise isn't enough; a regimen of progressively harder strength exercises is the best way to target major muscle groups and build core strength.



The Best Health Club for Adults Over 50

How does more muscle help me?

Research proves that strength training:

- Builds lean, toned muscle — no more flappy arms
- Boosts metabolism, increases calorie burn and accelerates weight loss
- Improves cardiovascular health and reduces risk of heart disease
- Increases athletic performance with more strength, stamina and quickness
- Prevents injuries by increasing flexibility
- Lowers blood pressure and cholesterol
- Reduces risk of certain types of cancer
- Prevents or reverses Type II diabetes
- Builds stronger bones and prevent osteoporosis
- Relieves depression, improves memory and sharpens your mental edge
- Decreases arthritic and low back pain



MY **WELCYON** STORY



"I'm in my best shape ever! I doubled my strength, went down 5 waist sizes and got off my meds." — JERRY K. | MEMBER

Strength Training: 5 Tips for Great Results

1 Talk with your doctor before starting any exercise program.

2 Find a health club that offers circuit training on machines.

For most adults over 50, these highly stable platforms are safer and more effective than dumbbells and barbells. Engineered to ensure proper form and range of motion, each machine targets and fully works a major muscle group. They're very efficient and give you a great workout — fast.

Although many health clubs offer circuit-training machines, most of them rely on weights and pulleys. Clunky and difficult to control, they can strain your joints. By contrast, air-resistance machines like those found at Welcyon are:

- Easy to control
- Provide smoother movement
- Put less strain on joints — minimizing the risk of injury.

They also make it easy to set the level of resistance, letting you go from low to high as you progress.



3 Work with a pro to create a personalized strength-training program

Start your program right by finding a trainer or coach. A qualified pro should assess your health history, and create a program based on your needs and limits. You'll learn how to train safely and effectively, and get a roadmap for reaching your goals.

A word of caution. Beware trainers who dismiss circuit training in favor of free weights. If you're over 50, free weights pose greater

MY **WELCYON** STORY



"I got strong and energized and can run four miles. Plus, I shrank two dress sizes!" — PATTY H. | MEMBER

risk of injury. Machine training is a safer way to build strength as an older adult.

Here are some helpful questions to ask potential trainers:

- How much experience do you have working with adults over 50?
- Can you share some success stories about clients like me?
- What's your philosophy of free weights vs. circuit training?

4 Make sure your program is based on science — not myth

We're living in a golden age of scientific research on fitness and physiology. So your program should be based on sound scientific principles. Below, you'll find helpful guidelines developed from the latest findings and expert insights. Whatever your goals, your strength-training routine should include these components:

Work to failure for success! Each exercise should have one set of 10 to 12 reps that push your muscles to the limit. The last few reps should be hard — like you couldn't do any more. Intensity builds muscle. No strain — no gain. That said, your workout should *never be painful*, but your muscles *should* be tired.



Most people only need a few coached sessions before they're ready to "fly solo." So there's no need to spend hundreds of dollars for ongoing personal training.



MY **WELCYON** STORY

"With my rheumatoid arthritis, I couldn't go to an average health club. The program Welcyon created for me made all the difference. It saved my life."— SHARON M. | MEMBER

Train at least twice a week. Consistent workouts are a key to good health, so find days that fit your schedule and commit! Remember, never train on consecutive days. This can tax muscles and cause injury.

Work all your muscle groups. Don't favor one over the other or skip one because you don't feel like working. Stick to the program developed by your coach and give every set of muscles the exercise they need — chest, shoulders, arms, back, core/midsection, and legs.

Train no more than 30 to 45 minutes per session. After that, it's just diminishing returns. If you work at the right intensity and maintain good form, you will get great results.

Use proper form and technique. Good form matters! Prevent injury to muscles and joints by using good posture and moving through a complete range of motion for each exercise. Never sacrifice form to lift more weight. To ensure optimum results, perform the exercise using slow, steady movements. You should feel in control of the machine, not the other way around.



Each exercise should have one set of 10 to 12 reps that push your muscles to the limit.

Warm up before your workout. Don't hit the circuit cold! 5 to 10 minutes on a cardio machine gets your blood pumping and prepares your body for your strength-training session.

5 Feed your muscles protein. They can't grow without it! You need enough protein in your daily diet to grow and maintain those hungry tissues. People over 50 should eat 1 to 1.5 grams of protein (and 1 gram of carbohydrate) for every 5 pounds of ideal bodyweight. So, if your ideal body weight is



MY **WELCYON** STORY

"I have so much more energy now — at work, home and on the softball field. I've even taken up biking. My cholesterol's dropped, too. Last time I visited the doc he said: 'You're in better shape than I am.'" — RICH B. | MEMBER

130 pounds, that's 26 to 39 grams of protein a day. Most food labels provide all the information you need. For best results, consume additional protein 20 to 30 minutes before your strength workout and within 30 minutes of finishing.



Study Shows Welcyon Members Double Strength Within 1 Year

A two-year study measuring the progress of 716 members found that all participants:

- Improved strength by 50 percent within three months
- Doubled strength within one year

With proper coaching and supervision, even members with no previous strength-training experience showed dramatic muscle gains.

Want to Learn More About Strength Training?

Visit the *Get Stronger, Live Longer Resource Guide* at www.welcyon.com/strongernow for informative articles from Men's Health, The Wall Street Journal, the Centers for Disease Control and other authoritative sources.

START FEELING STRONG

Try a **free week** and start getting stronger right away!

Your pass includes:

- Health history review
- Personalized exercise program
- Three 1-on-1 workouts with a fitness coach

Sign up for a Free Week Today!

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